

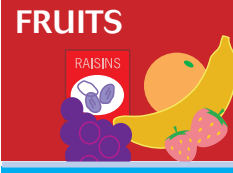







MyPyramid Worksheet

Check how you did today and set a goal to aim for tomorrow

Write in Your Choices for Today	Food Group	Tip	Goal Based on a 3000 calorie pattern.	List each food choice in its food group*	Estimate Your Total
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 GRAINS	Make at least half your grains whole grains	10 ounce equivalents (1 ounce equivalent is about 1 slice bread, 1 cup dry cereal, or ½ cup cooked rice, pasta, or cereal)	<div></div> <div></div> <div></div>	<div></div> ounce equivalents
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 VEGETABLES	Try to have vegetables from several subgroups each day	4 cups Subgroups: Dark Green, Orange, Starchy, Dry Beans and Peas, Other Veggies	<div></div> <div></div> <div></div>	<div></div> cups
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 FRUITS	Make most choices fruit, not juice	2 ½ cups	<div></div> <div></div> <div></div>	<div></div> cups
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 MILK	Choose fat-free or low fat most often	3 cups (1 ½ ounces cheese = 1 cup milk)	<div></div> <div></div> <div></div>	<div></div> cups
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 MEAT & BEANS	Choose lean meat and poultry. Vary your choices—more fish, beans, peas, nuts, and seeds	7 ounce equivalents (1 ounce equivalent is 1 ounce meat, poultry, or fish, 1 egg, 1 T. peanut butter, ½ ounce nuts, or ¼ cup dry beans)	<div></div> <div></div> <div></div>	<div></div> ounce equivalents
<div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div> <div></div>	 PHYSICAL ACTIVITY	Vary your routine for even greater fitness benefits.	At least 60 minutes of moderate to vigorous activity a day, 10 minutes or more at a time.	<div></div> <div></div> <div></div>	<div></div> minutes

*Some foods don't fit into any group. These "extras" may be mainly fat or sugar—limit your intake of these.

How did you do today? ☐ Great ☐ So-So ☐ Not so Great

My food goal for tomorrow is: _____

My activity goal for tomorrow is: _____